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In the claims:

Please amend the claims as shown below:

1. (Currently amended) A method of using a shoe system  
5 having a resilient shoe insert, comprising:  
    providing a shoe (300) having a shoe insert (500)  
disposed inside the shoe, the shoe insert having an upper leg  
(506) and a lower leg (514) connected by a front end (502)  
with an attachment segment, the upper leg (506) having an  
10 upper concave segment (510), the upper leg (506) having an  
upper end point (520) and the lower leg (514) having an lower  
end point (522) that is separated from the upper end point  
(520) with by a distance (d1), the insert (500) having an  
effective length (l<sub>1</sub>);  
15       putting a first load (L) on the shoe and the insert  
(500);  
    compressing the upper end point (520) towards the  
lower end point (522) until a ~~concave~~ the upper concave  
segment (510) is in contact with a lower concave lower  
20 segment (518) of the lower leg at a contact point segment  
(524) to progressively increase a stiffness of the upper and  
lower legs (506, 514) wherein the contact segment (524) is  
being remote from an the attachment segment point (512) at  
the front end (502) so that a loop is formed between the  
25 attachment segment point (512) and the contact segment (524),  
the contact segment (524) being remote from both the upper  
and the lower end points (520, 522); and  
    the upper concave segment being pressed against and  
facing the lower concave segment;  
30       bending the attachment segment until a contact  
point is formed when the upper concave segment comes into  
contact with the lower concave segment;  
    putting a second load on the shoe and the insert,  
the second load being substantially greater than the first

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load;

bending the upper leg and the lower leg at the contact point to form a contact segment that extends from the contact point towards the upper and lower end points and terminates at a separation point to progressively increase a stiffness of the upper and lower legs;

the contact segment ~~(524)~~ reducing the effective length ( $l_1$ ) to an effective length ( $l_2$ ), the length ( $l_2$ ) extending from the contact segment ~~(524)~~ to the upper and lower end points ~~(520, 522)~~.

2. (Currently amended) The method according to claim 1 wherein the method further comprises extending the contact segment ~~(524)~~ from an outside ~~(530)~~ to an inside ~~(532)~~, the segment ~~(524)~~ being substantially parallel to the front end ~~(502)~~, the front end ~~(502)~~ forming an acute angle to a longitudinal axis (A) of the insert.

3. (Currently amended) The method according to claim 2 wherein the method further comprises further compressing the upper end point ~~(520)~~ towards the end point ~~(522)~~ to reduce the distance ( $d_2$ ) to a distance ( $d_3$ ) that is shorter than the distance ( $d_2$ ) and forming a contact area ~~(526)~~ between the upper leg ~~(506)~~ and the lower leg ~~(514)~~.

4. (Currently amended) The method according to claim 3 wherein the method further comprises ~~extending the contact area (526) from the contact segment (524) to a separation segment (528) and~~ shortening the effective length ( $l_2$ ) to an effective length ( $l_1$ ) at a mid-portion ~~(529)~~ of the contact segment ~~(528)~~, the length ( $l_1$ ) being shorter than the length ( $l_2$ ).

5. (Currently amended) The method according to claim 4 wherein the method further comprises providing the insert

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~~(500)~~ with an effective length ( $l_{3o}$ ) at the outside ~~(520)~~, the effective length ( $l_{3o}$ ) being shorter than the effective length ( $l_3$ ) at the mid-portion ~~(529)~~.

- 5      6. (Currently amended) The method according to claim 5 wherein the method further comprises providing the insert ~~(500)~~ with an effective length ( $l_{3i}$ ) at the inside ~~(522)~~, the effective length ( $l_{3i}$ ) being longer than the effective length ( $l_3$ ) at the mid-portion ~~(529)~~.

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7. (Currently amended) The method according to claim 1 wherein the method further comprises providing the attachment point ~~(512)~~ with a curvature.

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8. (Canceled).

9. (Currently amended) The method according to claim 1 wherein the method further comprises aligning the upper concave segment with the lower concave segment ~~providing the leg (514) with a concave segment (518)~~.

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